

RESOURCES FOR FAMILIES

What is Benefits.gov?

As the official benefits website of the U.S. government, Benefits.gov is dedicated to connecting citizens in need to assistance programs. With information on over 1,000 government benefits, the program you're looking for could be just a few steps away.



How Can Benefits.gov Help You?

You work hard and still worry whether you're doing enough to meet your family's needs. Use Benefits.gov to explore programs that may help provide childcare, food and nutrition services, and healthcare.

What Can You Expect to Find?

Here are a few benefits for which you may be eligible:



The **Head Start** (ages 3-5) and **Early Head Start** (for pregnant women, infants, and toddlers) promote school readiness for children in low-income families by providing comprehensive educational, health, nutritional, and social services.



Supplemental Nutrition Assistance Program (SNAP) formerly known as the Food Stamp Program, provides food benefits, access to a healthy diet, and education on food preparation and nutrition to low-income households. Recipients spend their benefits, provided on an electronic card like an ATM card, at authorized retail stores.



The **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** provides healthcare and nutrition services to low-income pregnant women, breastfeeding women, and children under the age of five.

Begin Your Search

Start the **Benefit Finder**, a confidential questionnaire that will pre-screen your eligibility for government benefits. You will be able to view a list of benefits that you may be eligible for based on how you respond.



Browse benefits by category and filter results by state, browse benefits by their federal managing agency, or use the search bar to help you find resources for your needs.

Visit Benefits.gov to find assistance for you and your family. An award-winning multi-agency partnership managed by the U.S. Department of Labor.

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